

## **March 2023**

Glen Cove Senior Center 130 Glen Street, Glen Cove, NY 11542 516-759-9610



## Nassau County Office for the Aging

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging, the U. S. Administration on Aging and the City of Glen Cove

Monday Tuesday Wednesday Thursday Friday

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The Glen Cove Senior Center is open Monday thru Friday 9:00 am to 5:00 pm. The Center is closed on weekends and holidays.	TRIPS: ON SALE NOW!  3/1 - ZuZu African Acrobats 3/7 - Long Island Nets Basketball  3/23 - Forever Plaid Show 3/30 - Clue Show & Lunch 4/18 - NY Botanical Gardens & Lunch 5/18 - NY Mets Game 5/25 - Mama Mia Show 5/31 - Resorts World Show & Lunch	2UZU AFRICAN ACROBATS TRIP  9:00 – Seniorobics with Fran  9:00 – Crocheting with Friends  10:00 – Stretching & Meditation with Nick  11:00 – Poetry & Creative Writing  11:00 – Chess Club  11:00 – Intergenerational Discussions with Friends Aca  1:00 – Canasta, Bridge, & Mahjong  1:00 – Bingo & Karaoke  2:00 – Chair Yoga with Patty  4:00 - 7:00 – Friends Aca Prom	9:00 – Brain Booster Club 10:00 – Card & Board Games 10:30 – CC Board Meeting 10:30 – Exercise with YMCA 11:30 – Improv with Eric 1:00 – Canasta & Mahjong 1:00 – GOLDEN GALLERY RECEPTION – Ellen Gallagher 1:15 – Food Shopping 1:30 – Centre Club	9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:30 – SITE COUNCIL 11:00 – Book Club 11:00 – Stretching & Strength Training with Nick 1:00 – Bingo 1:00 – Canasta 1:15 – Line Dancing with Kathy 3:00 – Tai Chi with Spencer
9:00 – Crocheting with Friends 9:00 – Brain Booster 10:30 – Exercise with YMCA 11:00 – Rummikub Club 11:30 – Meditation 1:00 – Free Hearing Tests 1:00 – Bridge, Mahjong, & Canasta 1:15 – Food Shopping 2:00 - Bingo 2:00 – Tai Chi with Spencer 2:00 – Scrabble Club 2:00 – Karoake	7 LI NETS BASKETBALL GAME TRIP 9:00 – Brain Booster Club 10:00 – Painting & Drawing with Chuck 10:00 – Video Series 11:00 – Trivia 11:00 – Total Body Fitness with Marvin 1:00 – Canasta, Bingo, Mahjong 3:00 – Meditation & Yoga	9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Stretching & Meditation with Nick 11:00 – Poetry & Creative Writing 11:00 – Chess Club 11:00 – Tech assistance 1:00 – SAFE Gambling Lecture 1:00 – Canasta, Bridge, & Mahjong 2:00 – Chair Yoga with Patty 2:00 – Bingo	9:00 – Brain Booster Club 10:00 – Card & Board Games 10:30 – Exercise with YMCA 11:00 – American Legion Meeting 1:00 – Canasta & Mahjong 1:00 - MOVIE 1:15 – Food Shopping 2:00 – Billiards Club	9:00 – 12:00 Health Assessments with Northwell 9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 11:00 – FUNday with Eric 11:00 – Stretching & Strength Training with Nick 1:00 – Cooking Workshop with Cornell Cooperative Ext. 1:00 – Canasta 1:15 – Line Dancing with Kathy 2:00 – Bingo 3:00 – Tai Chi with Spencer
9:00 – Crocheting with Friends 9:00 – Brain Booster 10:30 – Exercise with YMCA 11:00 – Rummikub Club 11:30 – Meditation 1:00 – Nutrition Lecture with Cornell Cooperative Ext. 1:00 – Bridge, Mahjong, & Canasta 1:15 – Food Shopping 2:00 - Bingo 2:00 – Tai Chi with Spencer 2:00 – Scrabble Club	9:00 – Brain Booster Club 10:00 – Painting & Drawing with Chuck 10:00 – Video Series 11:00 – Trivia with Eric 11:00 – Total Body Fitness with Marvin 11:00 – Bereavement with COMHPS 1:00 – Canasta & Mahjong 1:00 – Aging In Place Lecture 2:00 – Bingo	9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – Stretching & Meditation with Nick 11:00 – Poetry & Creative Writing 11:00 – Chess Club 11:00 – DAKIM Signup 1:00 – Canasta, Bridge, & Mahjong 1:00 – Karoake & Bingo 1:00 – LILA Group 2:00 – Chair Yoga with Patty	9:00 – Walk with a Doc at GCBGB 9:00 – Brain Booster Club 9:30 – 12:00 – SNAP 10:00 – 12:00 – Haircuts with Mike 10:30 – CC Board Meeting 10:30 – Arts & Crafts with Marjorie 10:30 – Exercise with YMCA 11:30 – Game Show with Eric 1:00 – Canasta & Mahjong 1:15 – Food Shopping 1:30 – Centre Club	9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:00 – FUNday w/ Eric 11:00 – Stretching & Strength Training with Nick 12:00 – ST. PATRICK'S DAY LUNCH & CELEBRATION 1:00 – Bingo 1:15 – Line Dancing with Kathy 2:00 – Canasta 3:00 – Tai Chi with Spencer

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20	21	22	23	24
9:00 – Crocheting with Friends	9:00 – Brain Booster Club	9:00 – Seniorobics with Fran	FOREVER PLAID TRIP	9:00 – Seniorobics with Fran
9:00 – Brain Booster	10:00 – Painting & Drawing	9:00 – Crocheting with Friends	9:00 – Brain Booster Club	9:00 – Crocheting with Friends
10:30 – Exercise with YMCA	with Chuck	10:00 – Stretching & Meditation	9;30 - 1:00 - AARP Tax Assistance	10:00 - FUNday w/ Eric
11:00 – Rummikub Club	10:00 – Video Series	with Nick	10:00 – Card & Board Games	11:00 – Stretching & Strength
11:30 – Meditation	11:00 – Trivia with Eric	10:00 - RUMMIKUB Tournament	10:30 – Exercise with YMCA	Training with Nick
1:00 – Music Jam with Jeff	11:00 – Total Body Fitness	11:00 – Poetry & Creative Writing	1:00 – Canasta & Mahjong	12:45 – March Birthday celeb.
1:00 – Bridge, Mahjong, & Canasta	with Marvin	11:00 – Chess Club	1:00 – Bingo	1:00 – Canasta, Bingo
1:00 – Bingo	1:00 – Math is Fun Part 2 Lecture	1:00 – Belly Dance Show	1:15 – Food Shopping	1:15 – Line Dancing with Kathy
1:15 – Food Shopping	with Frank	1:00 – Canasta, Bridge, & Mahjong	2:00 – Billiards Club	2:00 – Canasta, Bingo
2:00 – Tai Chi w/ Spencer	1:00 – Canasta & Mahjong	2:00 – Chair Yoga with Patty		3:00 – Tai Chi with Spencer
	2:00 – Bingo	2:00 Bingo		
	3:00 – Meditation & Yoga	-		
27	28	29	30	31
9:00 – Crocheting with Friends	9:00 – Brain Booster Club	9:00 – Seniorobics with Fran	<b>CLUE SHOW TRIP</b>	9:00 – Seniorobics with Fran
9:00 – Brain Booster	10:00 – Painting & Drawing	9:00 – Crocheting with Friends	9:00 – Brain Booster Club	9:00 – Crocheting with Friends
10:00 - 12:00 - Haircuts with Rose	with Chuck	10:00 – Stretching & Meditation	10:00 – Card & Board Games	10:00 – FUNday w/ Eric
10:30 – Exercise with YMCA	10:00 – Video Series	with Nick	10:30 – Exercise with YMCA	11:00 – Stretching & Strength
11:00 – Rummikub Club	11:00 – Trivia with Eric	11:00 – Poetry & Creative Writing	1:00 – Canasta & Mahjong	Training with Nick
11:30 – Meditation	11:00 – Total Body Fitness	11:00 – Chess Club	1:00 – Bingo	1:00 – Paint Party with Alicia
1:00 – Diabetes Lecture	with Marvin	11:00 – DAKIM	1:15 – Food Shopping	1:00 – Canasta,
1:00 – Bridge, Mahjong, & Canasta	11:00 – Bereavement with	11:00 – Tech Assistance	2:00 – Billiards Club	1:15 – Line Dancing with Kathy
1:15 – Food Shopping	COMHPS	1:00 – Women of TV Lecture		2:00 – Bingo
2:00 - Bingo	1:00 - Brain Health Lecture	1:00 – Canasta, Bridge, & Mahjong		3:00 – Tai Chi with Spencer
2:00 – Tai Chi w/ Spencer	1:00 – Canasta & Mahjong	2:00 – Chair Yoga with Patty		
2:00 – Karaoke	2:00 – Bingo	2:00 Bingo		

Wednesday



Tuesday

Monday

## BRUCE A. BLAKEMAN NASSAU COUNTY EXECUTIVE

Glen Cove Senior Center Hours of Operation:

Thursday

Friday

Monday – Friday

9:00 am to 5:00 pm

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00 each way

Site Council Meeting: Friday, March 3, 10:30am

Birthday Celebration: Friday, March 24, 12:45pm

PLEASE CALL TO RESERVE MEALS & TRANSPORTATION

516-676-6182